



Find heart healthy alternatives this holiday season

The Diabetes Prevention Program can help you reduce your risk of type 2 diabetes.

Check if you are eligible:
omadahealth.com/wasebb

The SEBB Diabetes Prevention Program powered by Omada is available to SEBB members enrolled in Kaiser Permanente or UMP plans. Premera Blue Cross members have a different program available. Learn more at hca.wa.gov/sebb-dpp.